

**SHOPPING BAG HOLDER AND CARRYING APPARATUS**

ABSTRACT OF DISCLOSURE

Disclosed is a shopping bag handle that can be used with a  
5 plurality of bags minimize discomfort to the person carrying the  
bags. This minimization is accomplished through a design that  
minimizes shock, prevents contact of the bags handle with the  
hand of the person carrying the bags and further may use a back  
of wrist stabilizing surface. When the handle is used with a  
10 plurality of bags simultaneously, the chances of the contents of  
the bags being disgorged while the bags are being transported in  
a vehicle are greatly minimized.